



# ANNUAL REPORT 2014-2015

## MindOut HIV+ Wellbeing

Workshops for HIV+ LGBTQ people living with concerns about their mental health

- Run by and for LGBTQ people with lived experience of mental health issues
- MindOut workshops are free, confidential and non-judgemental

For more information email: [info@mindout.org.uk](mailto:info@mindout.org.uk) or phone: 01273 234 839 or visit our website: [www.mindout.org.uk](http://www.mindout.org.uk)

## MindOut BAME Wellbeing

Workshops for LGBTQ people from Black, Asian and Minority Ethnic backgrounds to talk about mental health and wellbeing

- For more information email: [info@mindout.org.uk](mailto:info@mindout.org.uk) or phone 01273 234 839
- LGBTQ/BAME facilitators
- Confidential, non-judgemental and free

## Personal Safety Workshops For LGB&T People

CRIME STREET-WISE STAY SAFE TAKE CARE WELLBEING SELF CONFIDENCE TRANSPHOBIA SELF ESTEEM SUPPORT BOUNDARIES COMMUNITY SAFETY

ASSERTIVE BE AWARE PROTECT CHOICES HELP FEARFUL PREJUDICE

For more info contact Jason on 01273 234 839 or email [Jason\\_saw@mindout.org.uk](mailto:Jason_saw@mindout.org.uk)

If you would like to talk about staying safe in the city generally, please contact Rory Smith LGBT Liaison / Hate Crime Co-ordinator Tel: 101 Ext. 550727 Mobile: 07775 540 548

## WORK IT OUT

Juggling work and your mental health

Many people deal with anxiety, depression and stress at work. Join our friendly, supportive group for lesbians, Gay, bisexual and Trans people to talk about your experiences, talk about how you manage and find out what can help.

For more information email [info@mindout.org.uk](mailto:info@mindout.org.uk) or phone 01273 234 839 or see [www.mindout.org.uk](http://www.mindout.org.uk)

## Suicide Memorial Vigil

Wednesday 2nd April 2014 - 6pm

To remember all LGB&T friends or family lost to or affected by suicide.

Gather at the MindOut memorial tree in St. Ann's Well Gardens, Hove

For more info call: 01273 234 839 Or email: [admin@mindout.org.uk](mailto:admin@mindout.org.uk) [www.mindout.org.uk](http://www.mindout.org.uk)

## Women's Group for LGBTQ women

- A welcoming, supportive group for LGBTQ women with concerns about their mental health
- MindOut services are confidential, non-judgemental and free.
- Provided by and for LGBTQ people

For more information call 01273 234 839 email [info@mindout.org.uk](mailto:info@mindout.org.uk) or visit our website [www.mindout.org.uk](http://www.mindout.org.uk)

## MindOut Sleep Matters

Workshops for LGBTQ people concerned about how problems with sleep affect their mental wellbeing

- Run by and for LGBTQ people with lived experience of mental health issues
- MindOut workshops are free, confidential and non-judgemental

For more information email: [info@mindout.org.uk](mailto:info@mindout.org.uk) or phone: 01273 234 839 or visit our website: [www.mindout.org.uk](http://www.mindout.org.uk)

## Are you trans?

WANT SUPPORT TO DISCUSS GENDER AND MENTAL HEALTH? SAFE, SUPPORTIVE, CONFIDENTIAL, FREE PEER GROUP STARTING IN MAY

For further information contact: [info@mindout.org.uk](mailto:info@mindout.org.uk) 01273 234839 [www.mindout.org.uk](http://www.mindout.org.uk)

## MindOut Peer Support for OLDER LGB&T

Join our friendly, supportive group for 55+ lesbians, gay men, bisexual and trans people to share your experiences, learn from each other and give and receive support.

WORDS: SAFETY, CONNECTING, AGEING, TIME, HEARING, FEELING, BETTER, FAMILY, WELLBEING, OLDER, TALKING, DEPRESSION, ANXIETY, SOCIAL, LISTENING, ALONE, SUPPORT, ISOLATION, STIGMA, RECOVERY, SHARING, FUTURE, LIFE, COMPANY, OPTIMISM, PEACE, COPING, WELLBEING, HEALTH, SUPPORT, WELLBEING, TALK, SHARING, COMMUNITY, ADVICE, HELP, FRIENDS, CONFIDENCE, LIFE, COMMUNITY, ADVICE, STIGMA, RECOVERY, SHARING, FUTURE, LIFE, COMPANY, OPTIMISM, PEACE, COPING, WELLBEING, HEALTH, SUPPORT, WELLBEING, TALK, SHARING, COMMUNITY, ADVICE, HELP, FRIENDS, CONFIDENCE, LIFE, COMMUNITY, ADVICE

## LGBTQ Peer Support Group Durrington (nr Worthing)

For LGBTQ people with concerns about their mental health and wellbeing

Not alone. Listening. Support. Health. Help Friends. Confidence. Talk. Sharing. Wellbeing. Community. Advice. Life. Company. Optimism. Peace. Coping. Wellbeing. Health. Support. Wellbeing. Talk. Sharing. Community. Advice. Help. Friends. Confidence. Life. Community. Advice. Stigma. Recovery. Sharing. Future. Life. Company. Optimism. Peace. Coping. Wellbeing. Health. Support. Wellbeing. Talk. Sharing. Community. Advice. Help. Friends. Confidence. Life. Community. Advice.

## AN EVENING WITH SCOTTISH LESBIAN POET & AUTHOR JACKIE KAY MBE

READING FROM HER STORIES & POETRY

"We ignore the dangers posed by not supporting mental health at our peril. It's vitally important to BME and LGB&T communities, who can often feel on the outside of things."

## MINDOUT: UNDER 30?

Join our friendly support group for lesbian, Gay, Bi, Trans\* and Queer people who are under 30 with concerns about their mental health and wellbeing

R U LGBTQ undR 30?



*"We are delighted to report that MindOut has exceeded its targets for all its funded services."  
Helen Jones, Director and Kate Webb, Chair*

## Director and Chair's Report

The year 2014-2015 has been a fourth very successful one for MindOut. We have continued to offer support to more LGBTQ people who experience mental health issues as well as combatting stigma and developing our national work.

Need for our services continues to rise during a period of austerity and cuts to public services. Our advice & information, advocacy and online chat services have offered a speedy, responsive service to more beneficiaries than ever, all run by LGBTQ staff and volunteers.

Our Peer Mentoring and Wellbeing services have thrived, with an enthusiastic team of staff and volunteers. Our anti-stigma project also provided great opportunities for volunteering at Pride, Time to Talk Day, a living library and the Jackie Kay event, amongst others.

Our Peer Support Group Work service remains a very well used, popular service and this year we have run groups for people over 50 and for people who identify as Queer alongside

our general mental health mixed groups.

This year we have exceeded targets for all of our services, meaning that we offer better value for money than ever. All our services work preventatively and help people recover from mental health issues, and we contribute substantially to reducing people's use of other mental health services.

Fundraising has gone well this year, especially the funds raised in the Brighton Marathon

2014 and the Half Marathon in February 2015.

We are very touched and heartened both by the amount of support offered to us and by the great benefits of our work. This year we have some excellent results demonstrating the improved wellbeing our clients experience from using our services, see the report for more details.

We are looking forward to another busy, successful year in 2015-2016. ■



**£24,000**

**Total raised by MindOut's Marathon and Half Marathon teams this year**

**1,372**

**people have benefitted from our services this year**

**132**

**people have volunteered for MindOut this year**

## How many people we supported this year

1,372 individuals have benefitted from advice & information, advocacy, group work, wellbeing courses, workshops and events.

- 119 people used the Peer Support Group Work service with a total attendance of 1,222, making an average of 10 attendances each
- 411 people used the advocacy service, which worked on 472 distinct cases
- 59 people used both the group work and advocacy services
- 901 people attended 18 wellbeing workshops, courses and events in Brighton & Hove and East & West Sussex
- 160 people attended a suicide prevention conference we co-hosted in Newcastle
- In addition we provided a service to 214 people through our online chat service. As most of these are anonymous we do not know if they are also included in the beneficiaries above.

### Volunteers

- 132 people volunteered for MindOut this year

- 92 people volunteered with our Time To Change anti-stigma project. Between them they had 1,959 anti-stigma conversations
- 47 people were Peer Mentoring/online chat service volunteers: (15 of whom also volunteered for the anti-stigma project)
- 10 people volunteered as Trustees (3 of whom also volunteered on the anti-stigma project, 2 of whom were online volunteers)
- 29 people volunteered as part of our Brighton Marathon Team and 11 people ran for MindOut in the Half Marathon.

### Events

We ran 18 events, workshops and courses attended by 901 people, including:

- a national suicide prevention conference in Newcastle
- 4 anti-stigma events
- 6 wellbeing workshops including Living Well workshops, self-esteem, managing stress and first aid



### Social media

We have 672 friends on Facebook and 2,024 Twitter followers.

## Feedback about our services

We regularly gather feedback about our services, asking clients whether they found us accessible, responsive and useful. We measure wellbeing indicators before and after taking part in groups, peer mentoring and courses.

Everyone reported positive effects on their wellbeing, including:

- Group and course participants feeling better about themselves
- Peer Mentees feeling more optimistic about the future
- Group work members feel more useful, more relaxed and more cheerful
- Course participants feel more optimistic, more loved, more interested in and closer to other people
- Mentees also feel better about themselves, more interested in new things and more confident.

## Who uses MindOut's Services?

We ask all our service users to tell us about their sexual orientation, their gender identity, age, trans identities, ethnicity, disabilities, caring responsibilities, religion and faith.

Not everyone chooses to answer all the questions. Of those who did, we know that they were:

- Female 38 %; genderqueer 2.5%; male 58%; other 1.5%
- Trans 11%
- Bisexual 13%; gay 56%; heterosexual/straight 5.5%; lesbian 18.5%; other 1%; queer 5%; unsure 2%
- 13% were BAME (black, asian, minority

ethnic backgrounds)

- Age 18-30, 20%; 31-40, 29%; 41-50, 29%; 51-60, 18%; 61-70, 4%
- Agnostic 12%; Atheist 19%; Buddhist 6%; Christian 18%; Jewish 3%; Pagan 4%
- 81% deal with limits to day-to-day activities. For 74% this is due to mental health conditions, 24% long-standing illness, 18% physical impairment
- 9% are caring for someone else.

## BAME Working Group

**Members: Alex Hyatt, Jason Saw, Jimmy Ginwalla, Karine Laradji, Nicki Heywood, Sabah Choudrey, Sanjay Gosh, Shardi Ommi.**

Our BAME Working Party met 12 times in total. Our aim was

to make services more accessible and responsive for BAME LGBTQ people and communities.

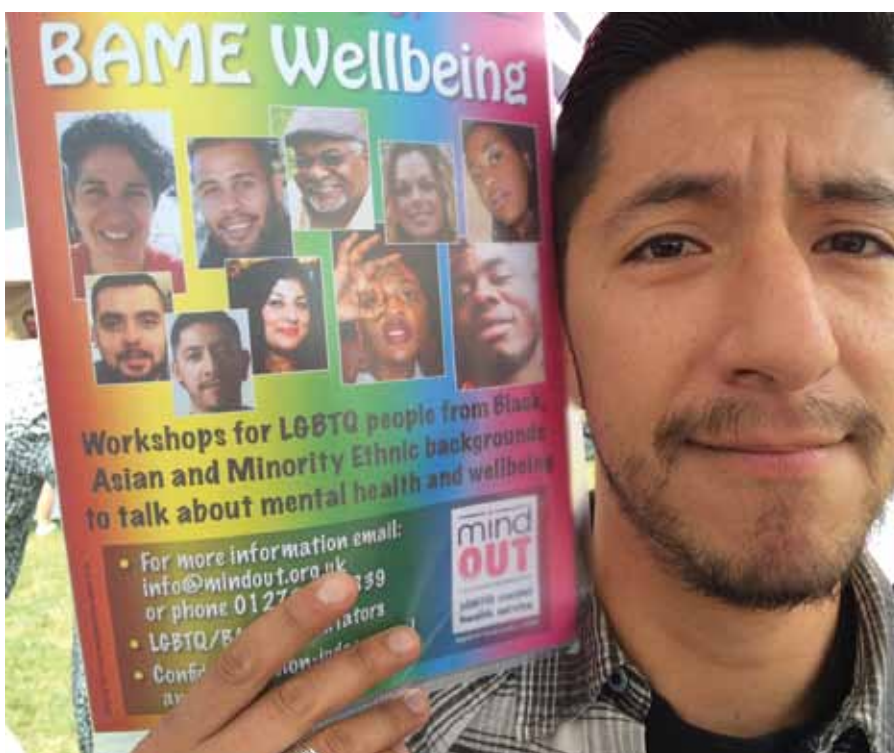
Our achievements include:

- Developing initiatives that were BAME focused or related
- Consultation and networking with BAME individuals, projects and organisations about LGBTQ mental health issues
- Promotion of BAME support within MindOut and LGBTQ support to BAME communities, conferences, events and services
- We designed and delivered Race Equality and Cultural Competence training to MindOut staff, trustees and volunteers
- Development of BAME Lead role
- Planning delivery of BAME wellbeing workshops to be run in October 2015.

Members of the BAME working group told us that a space to meet and talk to other BAME LGBTQ people was incredibly important, especially in relation to how these identities intersect with mental health and wellbeing.

## Awards

MindOut was awarded the Radio 4 All in the Mind Community Group of the Year award, 2014. Many thanks to Sebastian Sandys for his nomination. We were delighted to win the 2014 Golden Handbag for Favourite LGBT Voluntary Sector Organisation.







## Marathon Team

24 people completed the Brighton Marathon 2014 for MindOut and 11 people ran in the Brighton Half Marathon in February 2015. These two teams raised over £24,000, a brilliant achievement! Many thanks to all who ran.

### Brighton Marathon Team

Adam Cox, Apeksha Patel, Chloe Foster, Chris Greatorex, Colin Maplesden, Daniel de Rozarieux, Daniel James, Danielle Ashby, Frances Palmer, Gemma Mack, Hamish Kilburn, Hilary Steadman, Jason Saw, Kristan Hanslip, Kyle Norman, Lewis Church, Louisa Webb, Luke Tonks, Margie dos Santos, Mark Flood, Mark Smith, Mei-Wah Tang, Michael Gaunt, Michael Tietz, Pawel Zdunizyk, Sarah Tebbutt, Silvio Grasso, Tom Levett, Vincent Lane.

### Brighton Half Marathon team

Andrew Crossey, Andrew Tate,

Colin Maplesden, Gavin Riley, Jason Saw, Kyle McLaughlin, Mike Gaunt, Rob Stokoe, Sam Milford, Vincent Lane, Zoe Lyons.

## MindOut Services

All MindOut services are confidential, independent, free, impartial, person-centred and empowering.

### Advice & Information

We respond to hundreds of requests for information every year.

People ask us for information about many different areas, for example: mental health services, GP services, housing and homelessness, welfare rights, LGBTQ rights, support for addictions, counselling services, treatments, mental health law, trans care pathways, community safety, immigration and asylum, relationship issues and many other things.

## Advocacy

***“The service gives you control...the power is with the client until a suitable outcome is reached, that’s so different to other services, I want that to stay”***

Our advocacy workers hold level 3 of the Independent Advocacy Qualification and our service meets the quality standards for advocacy services. We are part of a local partnership delivering specialist mental health advocacy and independent complaints advocacy.

The MindOut Advocacy Service can help you to:

- have your voice heard on issues that are important to you
- defend and safeguard your rights
- have your views and wishes considered when decisions are being made about your life

Advocacy will enable you to explore options & make choices, express your views and concerns, get information and access to services

Advocates can negotiate with service providers, ask for what you want, write letters, attend meetings

MindOut’s advocacy service is:

- free
- confidential
- non-judgemental
- empowering
- led by the client
- independent from other services and professionals.



► **Online Instant Chat Service**

We offer an out-of-hours online chat service, run by trained volunteers. This service is accessible through any internet enabled device, meaning that clients can seek support from where they are at a time convenient to them.

We have expanded the service this year by offering it through social networking apps.

**Peer Mentoring**

***“It was good to have someone to talk to who had experience of my issues. I was able to gain insight into life skills from my peer mentor.”***

The Peer Mentoring project gives people with lived experience of mental health the opportunity to be paired up with a trained volunteer. The support offered is person centred, meaning that the mentee can choose the type of support they

want. This could be related to social contact, training & educational opportunities, employment or volunteering, cultural activities or physical activities.

All of our volunteer peer mentors undertake a training course before being matched and receive regular support and supervision.

**MindOut for Each Other Wellbeing Project**

With funding from the Big Lottery we have continued to offer courses, events, workshops and peer support group activities in Brighton & Hove and across East and West Sussex.

Topics have included Mindfulness Meditation, improving sleep, coping with the winter blues and managing stressful lives. A regular peer support group has been established in West Sussex.

We are planning two workshops for LGBTQ BAME people in October.

**Peer Support Group Work Service**

We run groups for lesbian, gay, bisexual, trans and queer people to share experiences, problems and solutions with each other. Many LGBTQ people with lived experience of mental health are keen to meet each other outside of the commercial ‘scene’. We aim to provide a place to meet where it is safe to identify as LGBTQ and as having mental health concerns.

Our groups are Brighton based (apart from a monthly group that we run in Worthing) and are facilitated by experienced LGBTQ group workers.

This year we have run the following groups:

- Work it Out – for people juggling mental health concerns with paid employment
- Out of the Blue – for people who have experience of suicidal thoughts or suicidal distress
- Women’s Group – for Lesbian, Gay, Bisexual, Trans and Queer women
- UNDR30’s – for LGBTQ people under the age of 30
- Open Group – a weekly drop-in for members of the groupwork service
- Social Group – a weekly social space that follows the Open Group
- Durrington Open Group – a monthly drop-in for members based in Worthing





Anti-stigma volunteering (above) and the MindOut allotment (right)



- ▶ ● A group for LGBTQ people over the age of 50
- A group for Queer identified people.

### Anti-stigma Project

This was our second year of funding from Time to Change, which came to an end in March 2014. This year 92 volunteers took part in a range of anti-stigma events, including:

- a living library
- Time To Talk Day
- Trans Pride
- LGBT Pride
- Black Pride
- World Mental Health Day event with Jackie Kay.

Over the two years our volunteers took part

in over 3,500 conversations about mental health, a fantastic achievement which vastly exceeded our targets.

### Allotment and Food Groups

Run by volunteers and service users, MindOut has an allotment group which meets weekly in the growing season, less often in the winter.

We grow, harvest and eat locally produced organic produce. We also run a wholefood buying group, making low-cost wholefood available to buy, helping to redistribute waste food and donations, giving healthy recipes, and food and mood tips.

## Volunteering

MindOut has a range of volunteering opportunities for LGBTQ people with lived experience of mental health issues to give something back to their communities, to gain skills and experience, to benefit from training, support and supervision.

Opportunities include:

- Online support
- Peer mentoring
- Allotment gardening
- Fundraising
- Promotion and publicity
- Campaigning
- Training and presentations
- IT and social media
- Group facilitation.

## National partnership with Mind

MindOut was commissioned to work with national Mind on developing LGBTQ mental health within their local association networks.

We helped to facilitate community development initiatives in East London and ran a suicide prevention conference in Newcastle. We also provided LGBTQ Affirmative Practice training for the Mind Infoline and Legal Line workers in Manchester.



MindOut volunteers at the Suicide Prevention conference in Newcastle

## MindOut's Board of Trustees

The Board had an Awayday in November and after reviewing all that had been achieved, we contributed ideas about how MindOut should look in 10 years' time.

We looked too at how well we were performing our governance role as a board and made a list of things to focus on in the coming year. Our focus has switched, of necessity, to raising funds to support the core of our work which grants and contracts do not fully cover.

We resolved to create a strategy and target for fundraising in the community and to employ a worker to pursue this. We have every



reason to believe that we can garner the financial response we need from our community.

During the year we regularly reviewed the potential risks facing the charity and how to mitigate them, we reviewed progress against our workplan for the year and we kept a close eye on income and expenditure against our budget. On all these measures we had a successful year.

With several trustees needing to stand down to do other things in their lives, we began a recruitment process which has so far yielded three new

members each of whom has a background and experiences that will help us guide and support the work of this vital community charity for another year.

### Trustee Board

Kate Webb (Chair), Christopher Masters (Chair, resigned 31.1.15), Andrew Doig (Company Secretary), Alexander Hyatt (resigned 18.3.15), Katherine Johnson (Equality & Diversity Officer), Edward Whelan, Charlie-Bel James, Victoria Parramore, Mike Gaunt, Daniel Salamon, Katheryn Marples (resigned 15.5.14), Emma Bates.



## Fundraising

The Brighton Marathon and the Half Marathon teams did so well with fundraising this year, many thanks to them.

We held another very successful MindOut for the Laughs comedy cabaret evening at the Komedia, featuring Zoe Lyons, Dolly Rocket, Tom Allen, Brighton Gay Men's Chorus, Debra Jane Appelby, The Two Wrongies and Cat Harding with BSL signers Paul Michaels and Paula Cox. Many thanks to them for donating their time and talents to us. Thanks also to the marvellous audience.

Thanks to Bar Broadway for hosting a fundraiser, and thanks to the performers: Boogaloo Stu, Lorraine Bowen and The Brighton Gay Men's Chorus.

Thanks also to Clint O'Freddy for running the Seaford Half Marathon, and to Maz and Queer Blind Date.

## Finances

We had another successful year, we sustained funding for our main services and ran extra projects as well. Thanks to Lorraine Heaysman and Steve Early.

Total income: £238,826

Total expenditure: £236,105

Net income: £2,721.

MindOut's bus at Brighton Pride



## Volunteers

**Peer Mentoring and online service:** Alan Hollingmode, Anderson Lucas, Andrew Baker, Andy Baber, Anna Roscher, Becky Cannan, Ben Coomes, Candii Palmer, Charity Aria, Chrissie Cattani, Dan Stewart, Dirk Hemmings, Drew Mason, Ed Whelan, Emma Mitchell, Frankie Roake, Georgia Petroutsa, Jamie Roster, Jen Neal, Jude Fishenden, Kevin Terry, Liam Ryan, Liz Ansell, Mandy Healy, Mike Bessey, Patrick Green, Paula Sousa, Paul James, Peter Southgate, Rebecca Jenkins, Regan Burree, Sam Oliver, Sanjay Ghosh, Scott Roedersheimer, Seb Sandys, Silvio Grasso, Steph Jackman, Tate Kipps, Tim Robins, Vicky Parramore, Vince Lane. **Group Work volunteers:** Anna Roscher, Dirk Hemmings, Liz Ansell, Peter Southgate, Regan Burree. **Food group:** Tracey Clarke. **Advocacy:** Cian Howlett.

**Allotment:** Andrew Doig, Seb Sandys.

**Out and About:** Ben Coombs, Christine Belk, Jamie Foster, Jaques De Hazard, Maggie Prattley, Paul Jaymes, Regan Buree, Tony Balaam.

**BAME Working Party:** Alex Hyatt, Jimmy Ginwalla, Karine Laradji, Nicki Heywood, Sanjay Gosh, Shardi Omni. **Time To Change:** Adrienne Ayres, Aine Walsh, Alex Hyatt, Alexander Kenny, Alyson Donnelly, Andy Fennell, Anna Izykowska, Anna Lewis, Ben Coombs, Ben Perkins, Bianca Zanini, Candice Palmer, Carl Churchman, Caroline Penn, Chantal Dube, Charity Aria, Charley Thieme, Charlie Bel James, Chris Brown, Chris Greatorex, Christine Belk, Cian Howlett, Claire de Nervaux, Cleo Phillips, Daniel Salamon, Danielle Ashley, Delphine Nonin, Di Robinson, Dirk Hemmings, Dorothy Jones, Elena Serantes, Elfrid Walkingtree, Ella Peterson, Frankie Roake, Freiya Benson, George Pryor, Georgia Deuri, Georgia Petroutsa, Gerry Koffey,

► Gillian Love, Greg Lawrence, Hannah Pidduck, Henning Stock, James Pragnell, Jamie Foster, Janine Watt, Jaqs D'Hazzard, Jessica Chalcraft, Joe Carr, Jonathan Upton, Jude Fishenden, Jules Charley, Julie Charley, Julie Hughes, Karen Dresbeck, Kate Wright, Katherine Spencer, Kimberly, Kore Sage, Kyle McLaughlin, Laura Philips, Laura Osborne, Laura Sutinen, Leila Reed, Lewis Church, Lorette Mackie, Luc Raesmith, Lucy Birkinshaw, Maggie Prattley, Marcia Linden, Maria Baker, Matt Walker, Micheal Kelleher, Michele Pape, Michelle Taylor, Miranda Ashitey, Mirco Cordiero, Nathan Foley, Nicki Kilbey, Nicki Heywood, Nicola Mattocks, Paul Jaymes, Paul Thompson, Phil Pollard, Pietro Paolo Bertagnolio, Olivia Biancardi, Ralph George, Rebecca Jenkins, Regan Burree, Ren Delmar, Sabah Choudrey, Sam Hunt, Sara Shepherd, Sarah Gregory, Sarah Pullen, Sarah Taylor, Shane Murray, Simon Hobbs, Simon Goldsmith, Stephanie Davis, Suzy Horne, Tasha Barefield, Tate Kipps, Theresa Jones, Tim Robins, Tony Ballaam, Valeria Fassion, Victoria Jenkins



**Facilitating courses, workshops and training:** Alex Hyatt, Christine Belk, Edward Whelan, Karine Laradji, Liz Ansell, Otimayin Sulayman Ayodele, Paul Jaymes, Sheila Roche, Silvio Grasso, Veronica Salawone.

Chloe Foster, Anti-stigma Coordinator, Sebastian Sandys, Anti-stigma Coordinator, Peter Finch, Group Worker, Tanya Levene, Group Worker.

### MindOut's staff

This year our staff team has been:  
 Helen Jones, Director,  
 Jason Saw, Team Leader,  
 Phil Brooke, Advocacy Worker,  
 Simon Campbell, Peer Mentoring & Wellbeing Coordinator,

### Thankyou

**Thankyou to all our supporters, especially:**  
 Carolyn and the team at The Gateway (Coastal West Sussex Mind), James and Michelle at GScene, Lush, Infinity Foods, Bar Revenge, Bar Broadway, LoveFit Café, Kathy Caton and all at Radio Reverb, Recon, Scruff.

### Thankyou to our funders

Big Lottery Fund, Brighton & Hove City Council, Brighton & Hove Food Partnership, Brighton & Hove NHS, Lush, Mind, Rainbow Fund, Sussex Community Foundation, Time to Change.

